

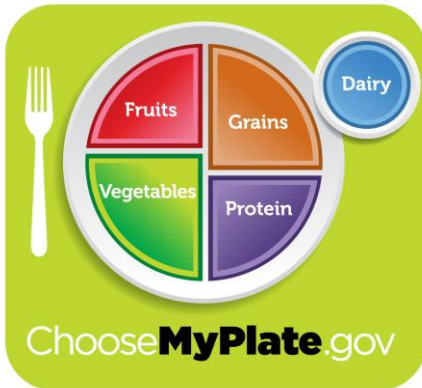
NewsWIC

Fond du Lac County Health Department

Fall 2011

INTRODUCING:

MyPlate: A New Way To Build A Healthy Meal



MyPlate is the federal government's new food symbol, replacing **MyPyramid**. The plate is meant to give you a fast, easy to use,

visual reminder of the basics of a healthy meal. It has four colored sections: fruits, vegetables, grains and protein and beside the plate is a smaller circle for dairy.

MyPlate wants you to be more mindful of what goes on your plate before you eat and uses these guidelines for building a healthy meal.

1. Make half your plate fruits and vegetables.

Eat red, orange, and dark-green vegetables, such as tomatoes, sweet potatoes, and broccoli, in main meals, side dishes and snacks.

Fruits and vegetables may be fresh, canned, or frozen. Any 100% vegetable or fruit juices also counts in the Vegetable and Fruit groups.

2. Switch to skim, 1% milk or lowfat dairy foods.

They have the same amount of calcium and other nutrients as whole milk, but less fat and calories. Try calcium-fortified soy products as an alternative to dairy foods. **All fluid milk products and many foods made from milk, like cheese, cottage cheese, and yogurt are part of this food group.**

3. Make at least half your grains whole.

Choose 100% whole-grain cereals, breads, crackers, rice and pasta. Check the ingredients list on food packages to find whole-grain foods. **Any food made from wheat, rice, oats, corn meal, barley or other grains are considered grain products.**

4. Vary your protein food choices.

Twice a week, make fish the protein on your plate. Eat beans, which are a **natural** source of fiber and protein. Keep meat and poultry portions small and lean. **All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group.**

The Federal Government is planning a multi-year educational campaign to help families choose healthier diets. As more information is revealed, WIC will be passing that information on to you, so stay tuned.

For more information and ideas that can help you build healthy meals, go to:

[www.Choose MyPlate.gov](http://www.ChooseMyPlate.gov)

"This is a quick, simple reminder for all of us to be more mindful of the foods that we're eating and as a mom, I can already tell how much this is going to help parents across the country," said First Lady Michelle Obama. "When mom or dad comes home from a long day of work, we're already asked to be a chef, a referee, a cleaning crew. So it's tough to be a nutritionist, too. But we do have time to take a look at our kids' plates. As long as they're half-full of fruits & vegetables, and paired with lean proteins, whole grains & low-fat dairy, we're golden. That's how easy it is."





FDL County Immunization Schedule

September

8 (Thurs.) 4:00-6:00, Waupun Hospital
 12 (Mon.) 2:00-5:00, City-County Bldg.
 19 (Mon.) 4:00-6:00, Mt. Calvary Holy Cross Church
 26 (Mon.) 4:00-6:00, City-County Bldg.
 28 (Wed.) 4:00-6:00, Ripon High School

October

10 (Mon.) 2:00-5:00, City-County Bldg.
 24 (Mon.) 4:00-6:00, City-County Bldg.

November

10 (Thurs.) 4:00-6:00, Waupun Hospital
 14 (Mon.) 2:00-5:00, City-County Bldg.
 21 (Mon.) 4:00-6:00, Mt. Calvary Holy Cross Church
 28 (Mon.) 4:00-6:00, City-County Bldg.
 30 (Wed.) 4:00-6:00, Ripon High School

December

12 (Mon.) 2:00-5:00, City-County Bldg.

A shot clinic is held in FDL **by appointment only** on the **last Wednesday of each month from 8:00-11:30 A.M.** To make an appointment or if you have any other immunization questions, please call **929-3085**.



Breastfeeding Corner: What Dad Can Do

The bond between mom and baby is important, but so is the bond between dad and baby! Babies need cuddles and hugs from their dads, too. In fact, skin to skin contact helps baby and dad bond much like it does for mom and baby. Skin to skin contact can be done by removing shirts from both dad and baby and having dad hold baby on his chest ☺.

Eat Well, Your Child is Watching!

Children like to copy what they see their parents and others doing. Set a good example for your children. **Let your child see you enjoying healthy foods!**



- Make healthy snacks the **ONLY** snacks in your house.
- Sit down and eat with your children. They learn best by watching you.
- Practice good table manners.
- Don't eat meals in front of the TV.
- Drink milk at meals. Skim milk and 1% milk are the best choices for most individuals over the age of 2 years.
- Quench your thirst with water between meals and snacks.
- Avoid high sugar drinks like soda and kool-aid.
- Limit fruit juice to 4-6 oz. each day. Some children will fill their small tummies with juice and refuse to eat. Other children will drink too much juice which can add up to a lot of extra calories. Drink plenty of water!

